SCIFIT®

Scientific Solutions For Fitness™

Service Manual

ISO7000R
Recumbent Bike

Before Using this product, read this manual and follow all safety rules and operating instructions.

Maintenance

The ISO7000R is virtually maintenance free. After exercising always wipe down your SCIFIT exercise product. Perspiration that continuously settles on the frame, upholstery, covers and console may eventually cause rust or damage. Damage resulting from lack of maintenance is NOT covered under warranty.

If defective components are identified and require replacement, the equipment should be put out of service until repaired.

⚠ CAUTION

In order to maintain a safe level of operation, equipment must be inspected on a routine basis for damaged or worn parts. Failure to inspect equipment may result in injury to yourself or others.

ISO7000R Maintenance Schedule

Any mechanical or electrical work conducted within the main body of a medical CE class II unit MUST BE RECALIBRATED. The generic maintenance schedule below should be applied to medical CE and non-medical CE products.

COMPONENT	USE	WHEN	BY WHOM
Covers, Seat, Handlebars and Console	Damp Cloth	Daily	Club Maintenance
LCD Screen	LCD TV Screen soft cleaning cloth	Weekly	Club Maintenance
Chains (ISO7000R)	Lightly Applied Chain Lubricant	Every 6 Months.	Club Maintenance
Nuts and Bolts	Tighten When Necessary	Bimonthly	Club Maintenance
Base Roller Guide Track	Damp Cloth	Monthly	Club Maintenance
Battery	Voltmeter	Every 6 Mo.	Club Maintenance

⚠ CAUTION

Contact your local waste management agency for specific requirements concerning recycling and disposal locations of batteries.

UNITED STATES CUSTOMER SERVICE

For assistance in the service of SCIFIT products;

phone : +1 (918) 359-2000
fax : +1 (918) 359-2045
e-mail: service@scifit.com

The Product Support department is available by means of email. A voice mail service is available 24 hours a day for recording messages to request technical support and to order replacement parts. Our mailing address is:

SCIFIT Systems Inc.
5151 S. 110th E. Ave.
Tulsa, OK 74146
USA

UK & EUROPEAN CUSTOMER SERVICE

phone : +44 1344 300022
fax: +44 1344 868838
e-mail: info@scifit.uk.com

SCIFIT LTD (UK)
Lexham House
Forest Road
Binfield
Berkshire, RG42 4HP
UK

Company Number: 5970624 (UK)

COUNTRIES OUTSIDE OF UK & EUROPE PLEASE USE USA CONTACT NUMBERS

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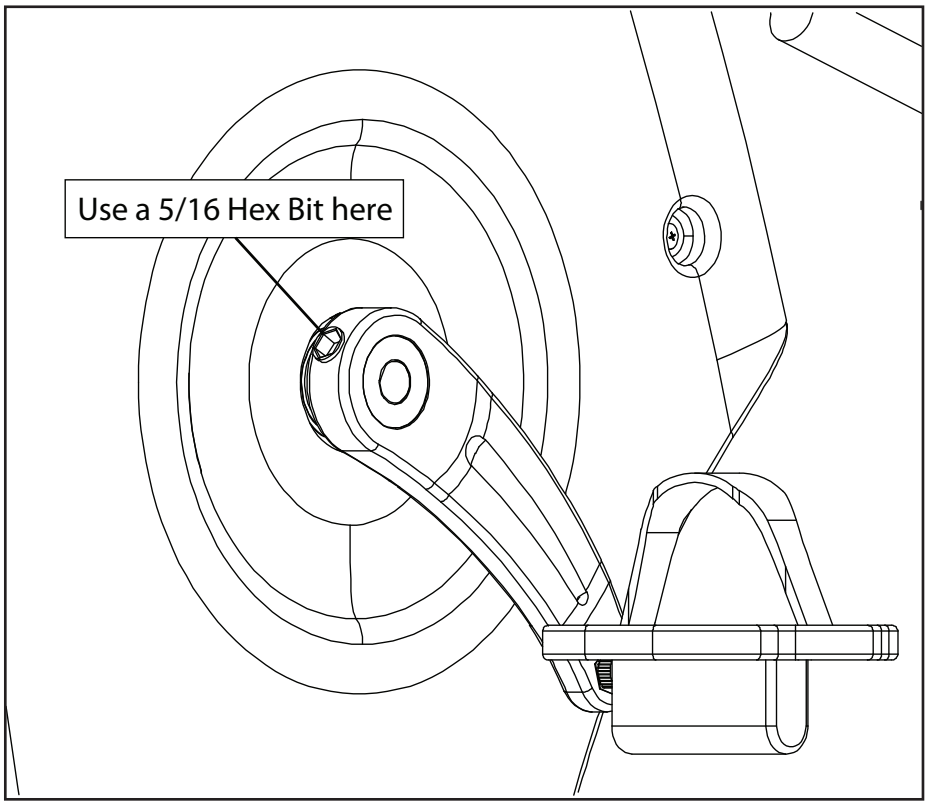
BATTERY REPLACEMENT INSTRUCTIONS

STEP 1:

Starting on the left side, use a 5/16 (8mm) hex bit to **loosen** the set screw enough to allow the crank to be removed.

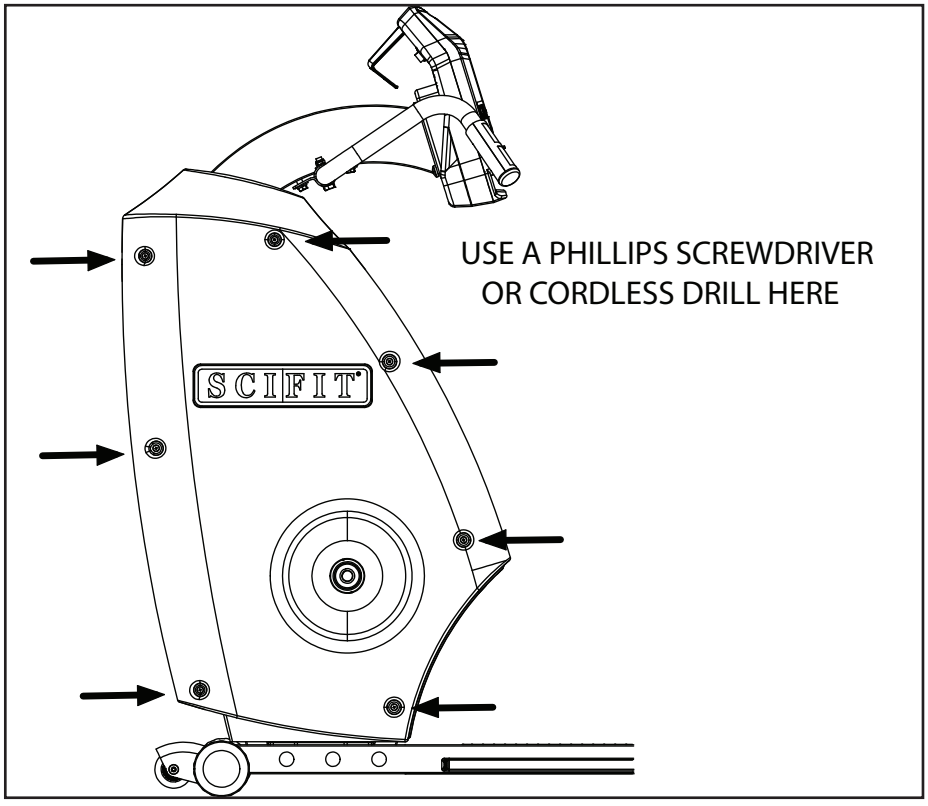


STEP 2:

Repeat step 1 for the right side.

STEP 3:

Remove the phillips screws of the left side cover using a phillips screwdriver or cordless drill allowing the cover to be removed.



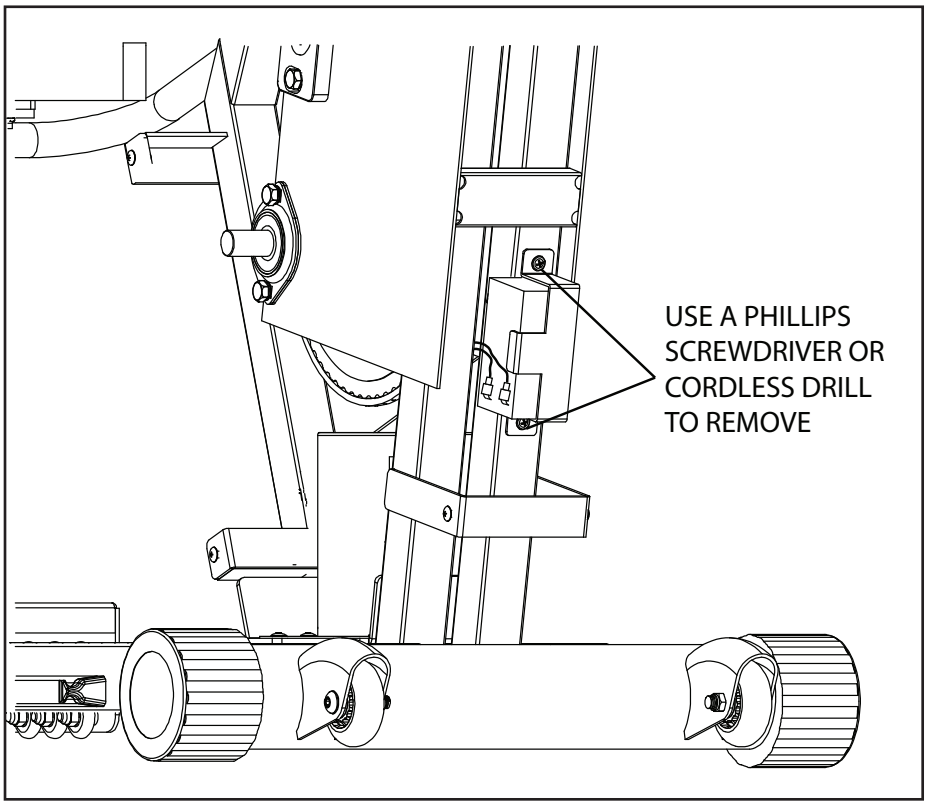
STEP 4:

Repeat step 3 for the right side.
NOTE: The power entry cable will have to be disconnected from the lower torque PC board.

BATTERY REPLACEMENT INSTRUCTIONS

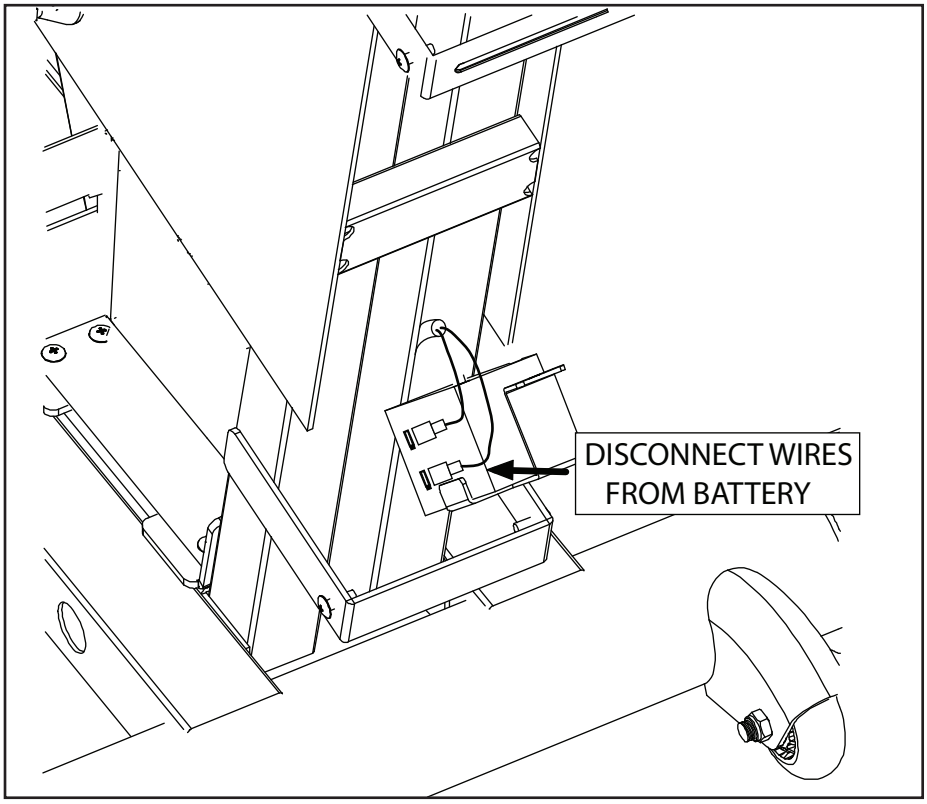
STEP 5:

Use a phillips screwdriver to remove the two bracket screws securing the bracket to the frame.



STEP 6:

Carefully pull the battery and bracket away from the frame, then disconnect the battery cable from the battery terminals.



BATTERY REPLACEMENT INSTRUCTIONS

STEP 7:

Remove the bad battery from the bracket and replace it with a new one placing it in the same position on the bracket as the old one.

STEP 8:

Reconnect the battery cable wires to the new battery as follows:
1. Red cable wire to the Red terminal on the battery.
2. Black cable wire to the Black terminal on the battery.

STEP 9:

Reattach the battery and bracket to the frame with the two phillips screws previously removed in step 5.

STEP 10:

Connect the power entry cable to the lower torque PC board, then secure the right side cover with the phillips screws that were removed.

STEP 11:

Secure the left side cover with the phillips screws that were removed.

STEP 12:

Completely remove the set screw in the cranks and apply ‘Loctite 248” threadlock to the threads of each set screw before reattaching the left and right cranks back onto the shaft.

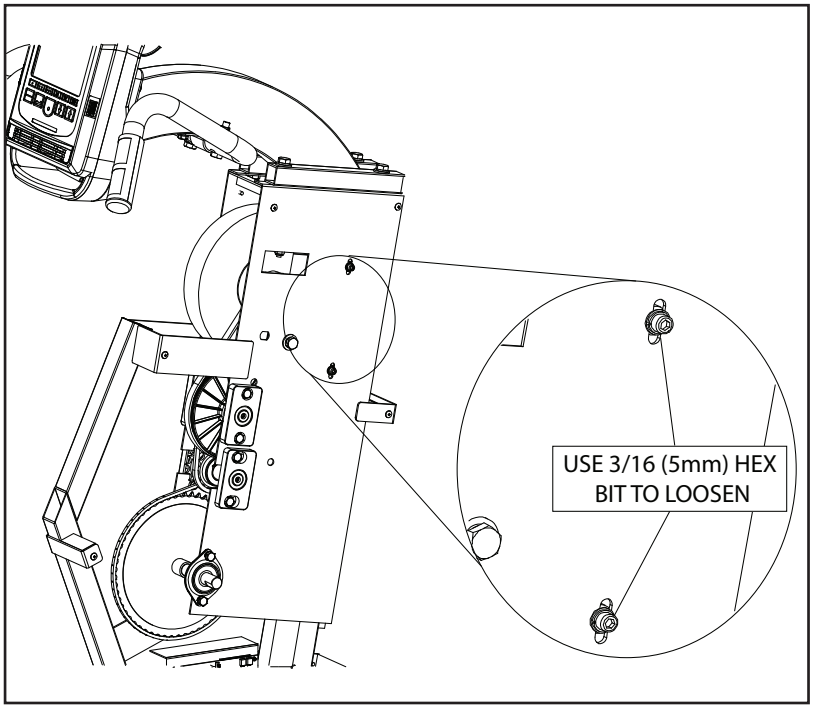
IDLER REPLACEMENT INSTRUCTIONS

STEP 1:

Follow steps 1 thru 4 of the "BATTERY REPLACEMENT" instructions.

STEP 2:

Starting on the right side use a 3/16" (5mm) hex bit to **loosen** the two screws securing the brake in place.

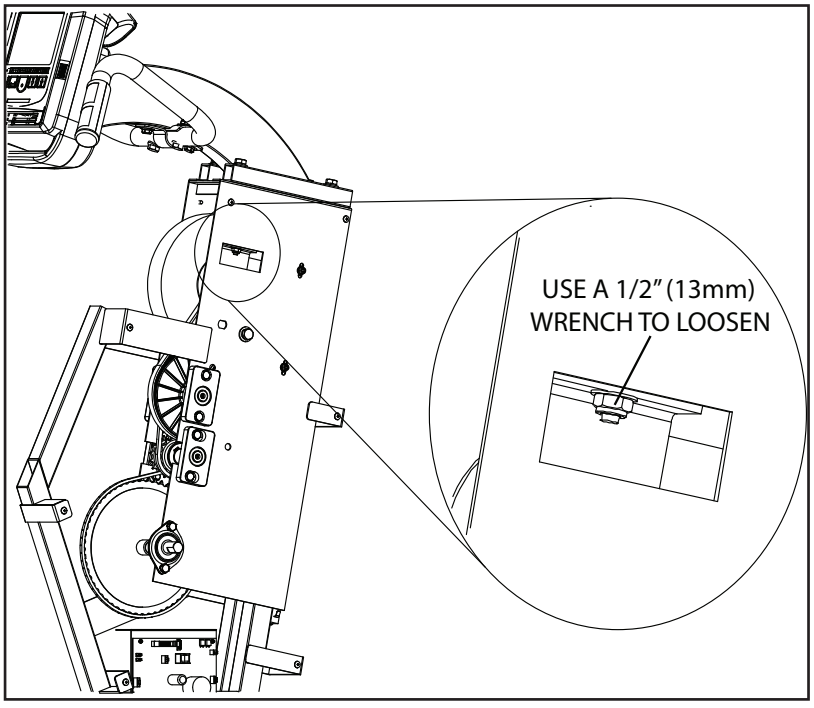


STEP 3:

Repeat step 2 for the left side.

STEP 4:

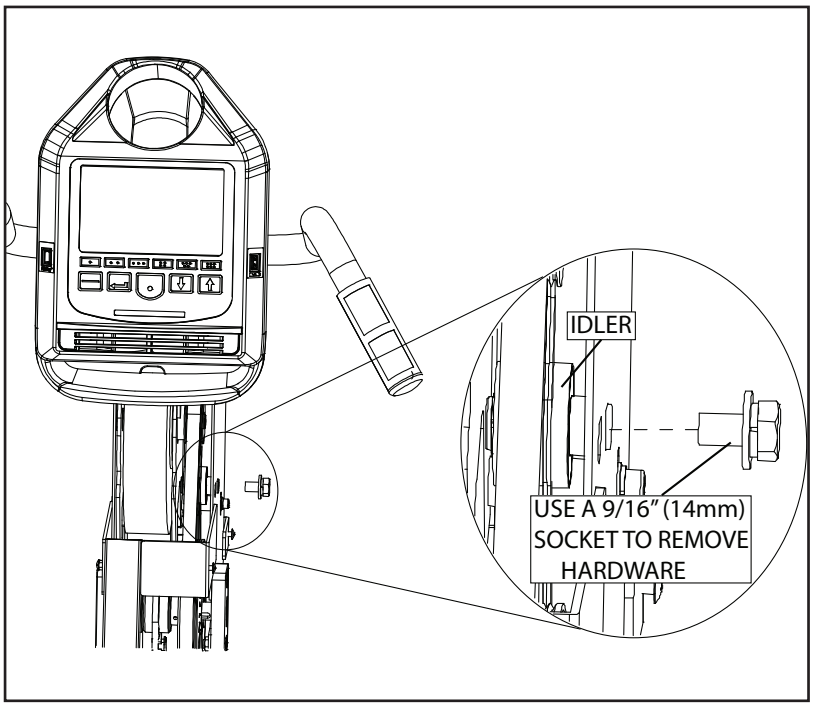
On the right side of the frame there is an access opening to the belt tensioning nut. Use a 1/2" (13mm) wrench to loosen and give the belt some slack to release pressure on the idler.



IDLER REPLACEMENT INSTRUCTIONS

STEP 5:

Hold on to the idler assembly inside the frame, then use a 9/16" (14mm) socket to remove the securing screw, lock washer and flat washer.

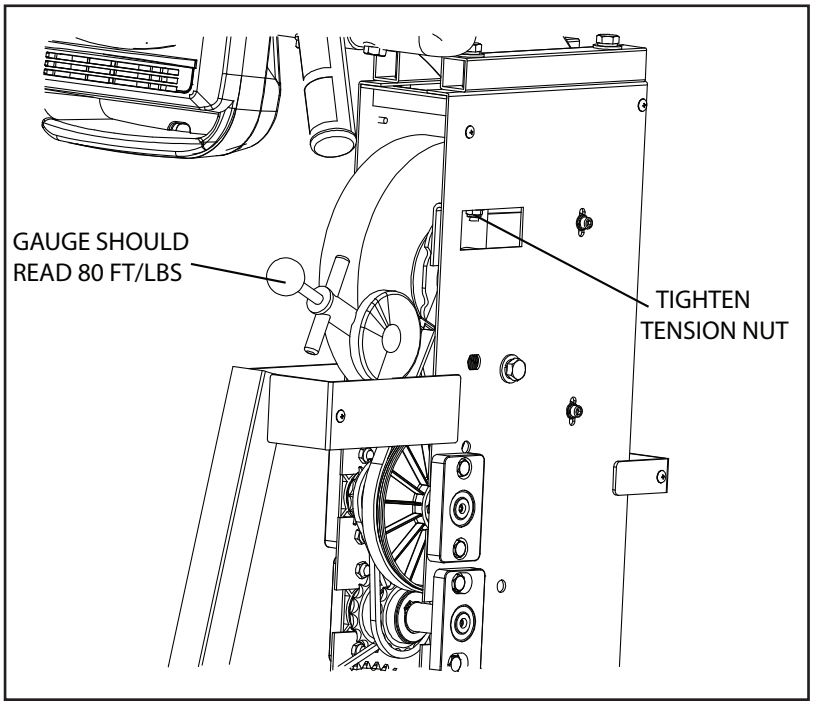


STEP 6:

Replace the bad idler assembly and secure it back into the frame with the same hardware removed in step 5.

STEP 7:

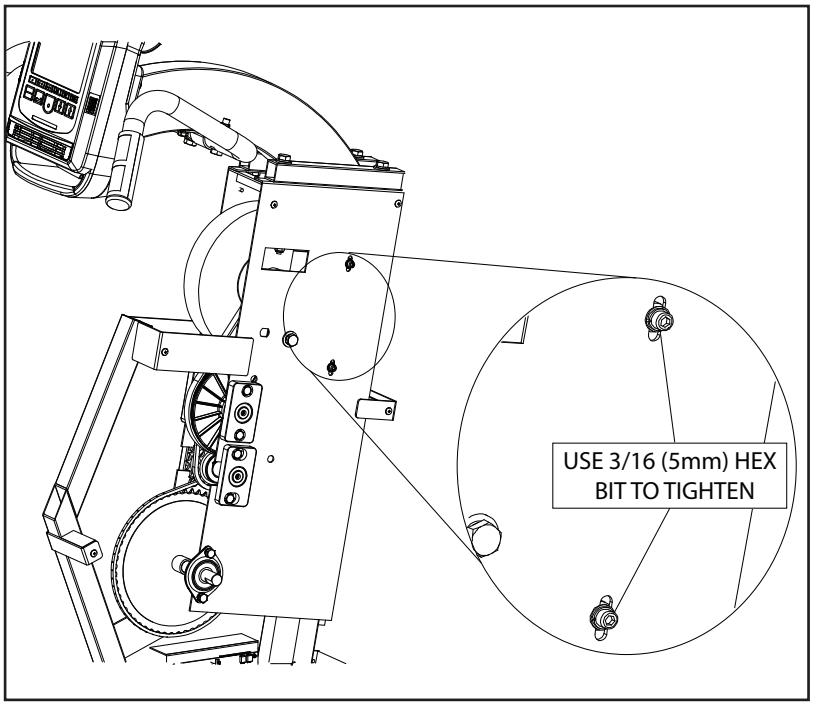
Make sure the drive belt is centered, then place a belt tension gauge on the drive belt and tighten the belt tension nut until the gauge reads 80 ft/lbs, by adjusting the belt tension nut.



IDLER REPLACEMENT INSTRUCTIONS

STEP 8:

Starting on the right side tighten the brake screws that were loosened in step 2, then do the same on the left side.



STEP 9:

Connect the power entry cable to the lower torque PC board, then secure the right side cover with the phillips screws that were removed.

STEP 10:

Secure the left side cover with the phillips screws that were removed.

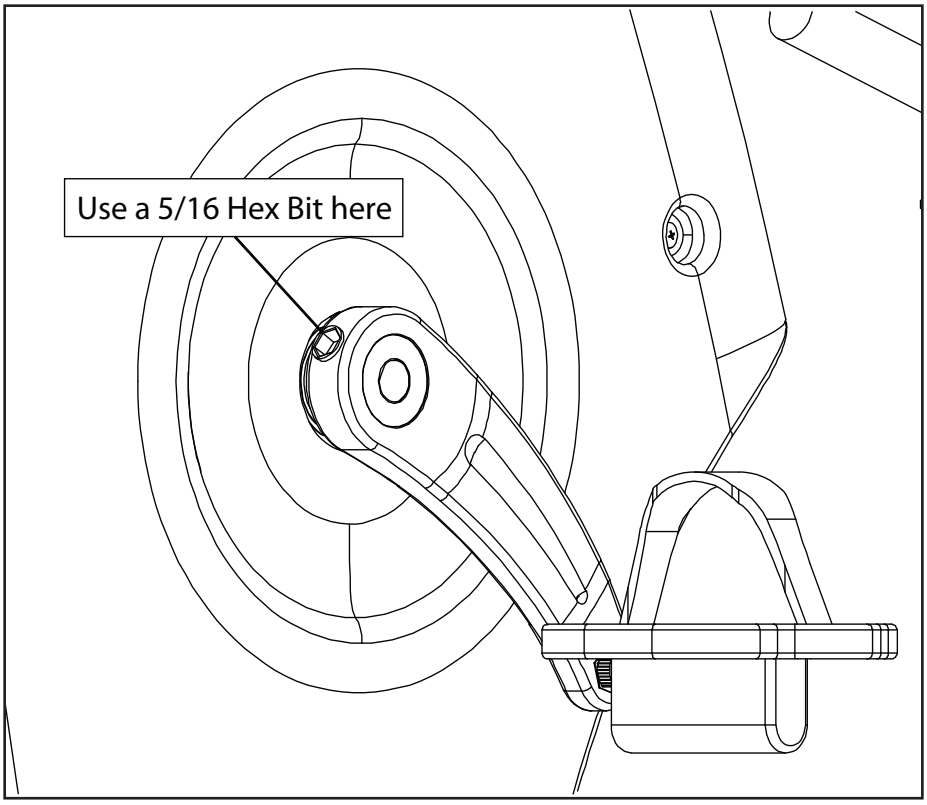
STEP 11:

Completely remove the set screws in the cranks and apply ‘Loctite 248” threadlock to the threads of each set screw before reattaching the left and right cranks back onto the shaft.

LOWER TORQUE BOARD REPLACEMENT

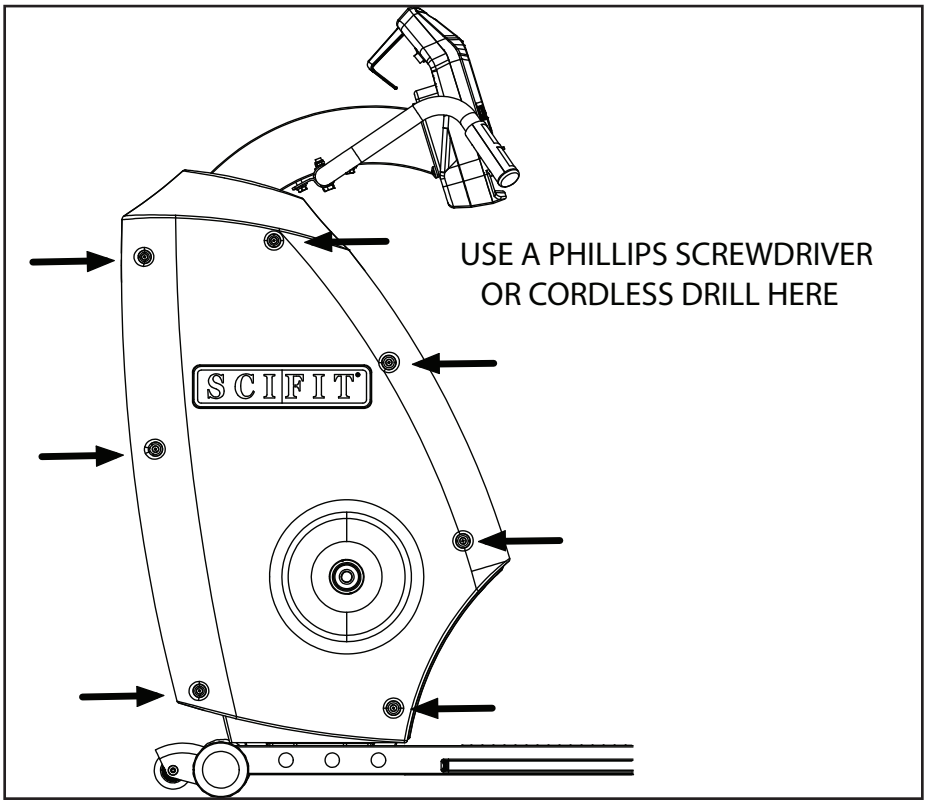
STEP 1:

Loosen the set screw of the left crank using a 5/16 (8mm) hex to allow the crank to be removed.



STEP 2:

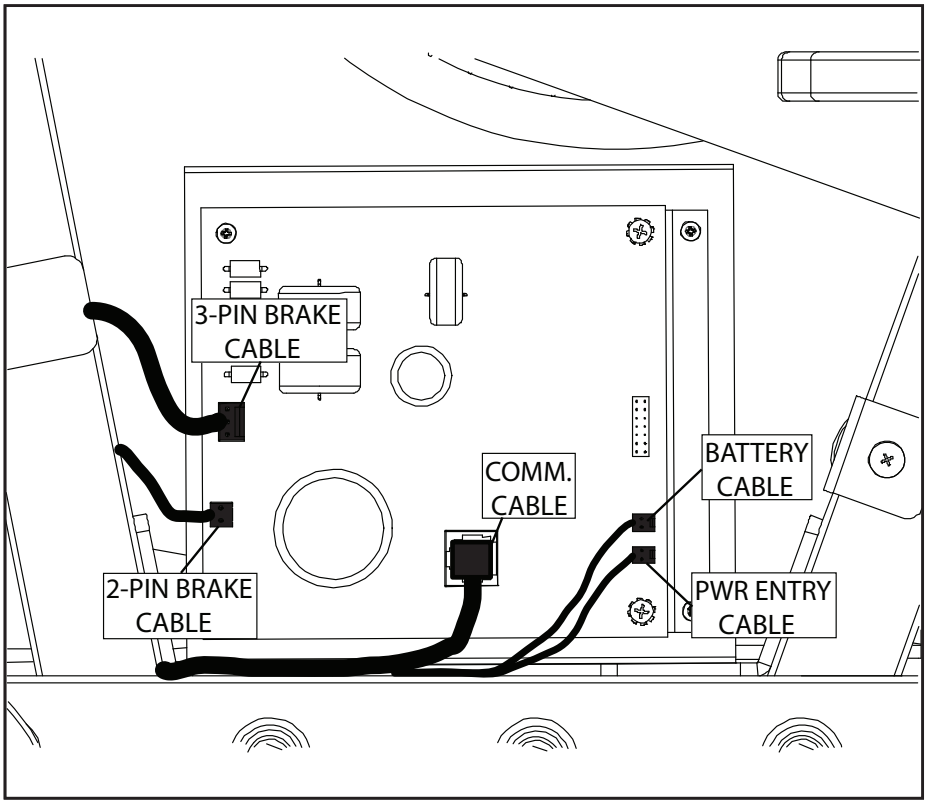
Remove the phillips screws of the left side cover using a phillips screwdriver or cordless drill allowing the cover to be removed.



LOWER TORQUE BOARD REPLACEMENT

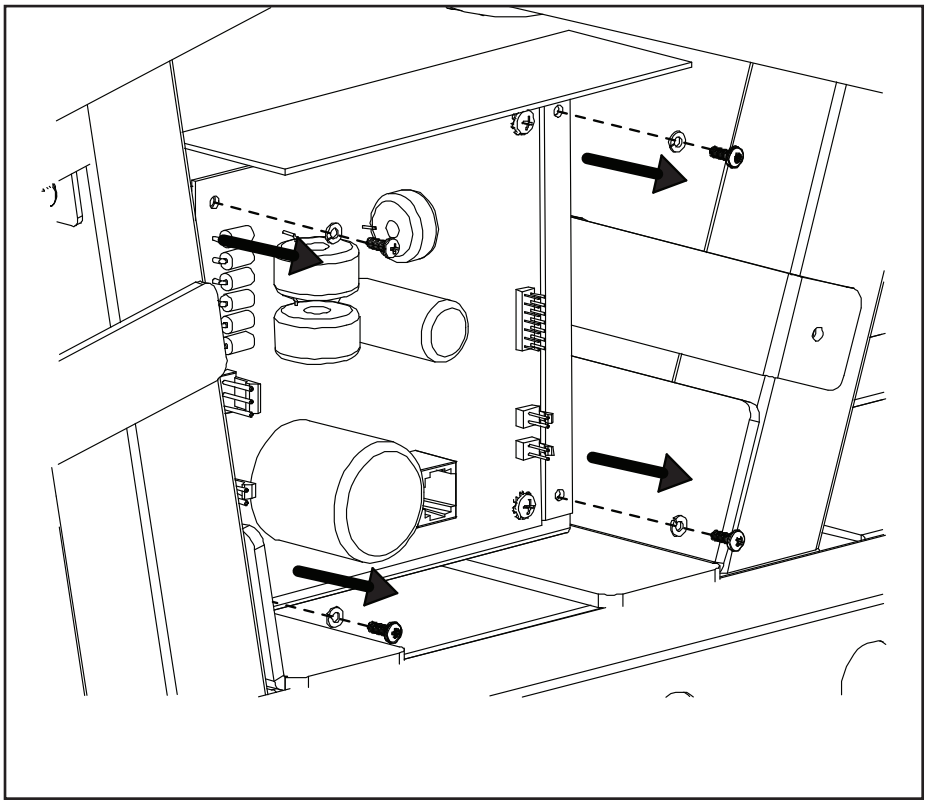
STEP 3:

Disconnect the five cables attached to the torque board PC.
1. 3-pin brake cable
2. 2-pin brake cable
3. Comm. cable
4. Battery cable
5. Power entry cable
(6. Remove main cable, if #P4269)



STEP 4:

Use a phillips screwdriver to remove the four screws and lock washers securing the torque board to the frame.



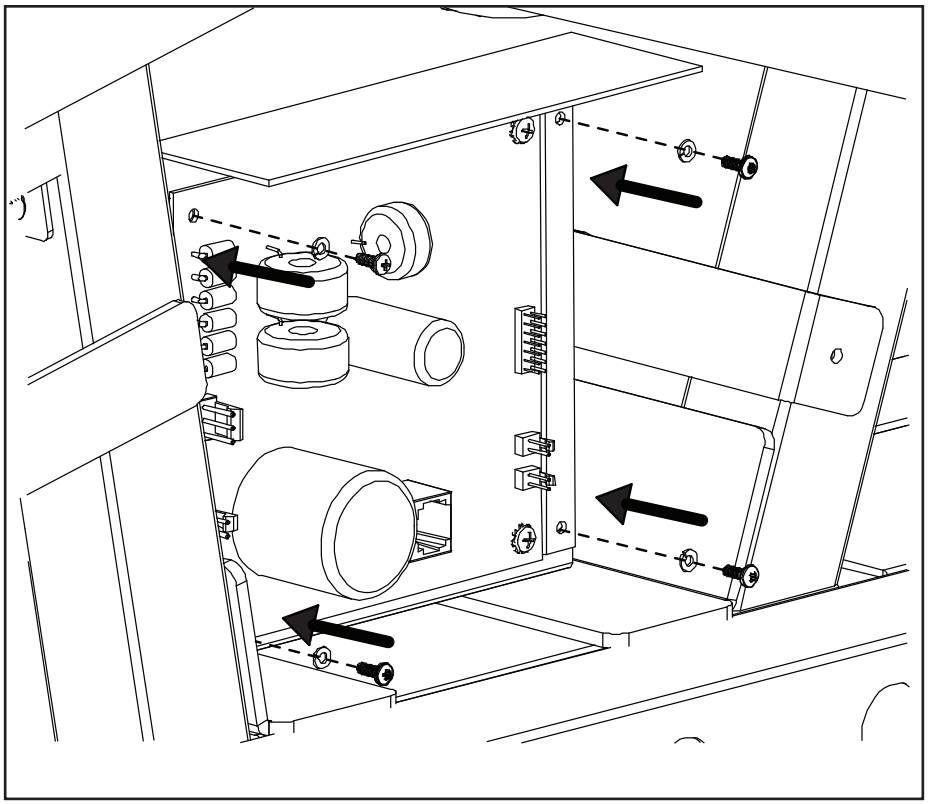
LOWER TORQUE BOARD REPLACEMENT

STEP 5:

Remove the lower board "**Note: If the lower board being removed is a #P4269 DISCARD THE THERMAL PADS AND HEATSINK, DO NOT REUSE.**", then place the new board (#A5361) onto the machine.

STEP 6:

Secure the lower board with the four lock washers and screws removed from step 4.



LOWER TORQUE BOARD REPLACEMENT

STEP 7:

Reconnect the five cables previously removed in step 3.

STEP 8:

Secure the left side cover with the phillips screws that were removed.

STEP 9:

Completely remove the set screw in the crank and apply ‘Loctite 248” threadlock to the threads of the set screw before reattaching the crank back onto the shaft.

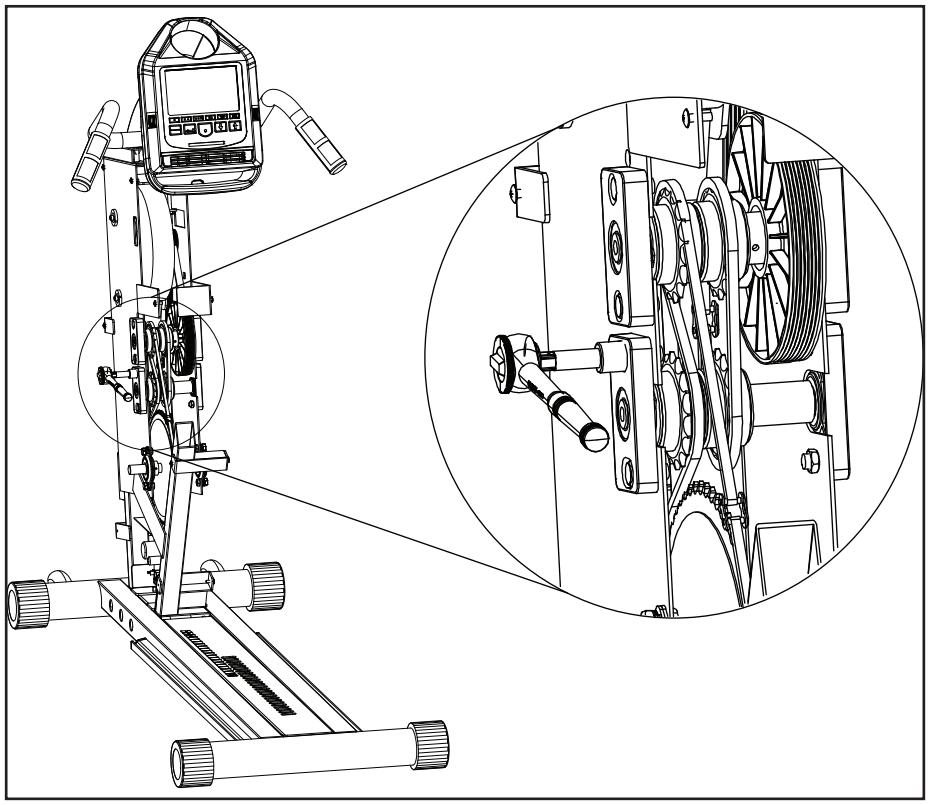
BI-DIRECTIONAL ASSEMBLY REPLACEMENT

STEP 1:

Follow steps 1 thru 4 of the “BATTERY REPLACEMENT” instructions.

STEP 2:

Using a 1/2” (13mm) socket start on the left side and loosen BUT DO NOT REMOVE the screws securing the bi-directional assembly.



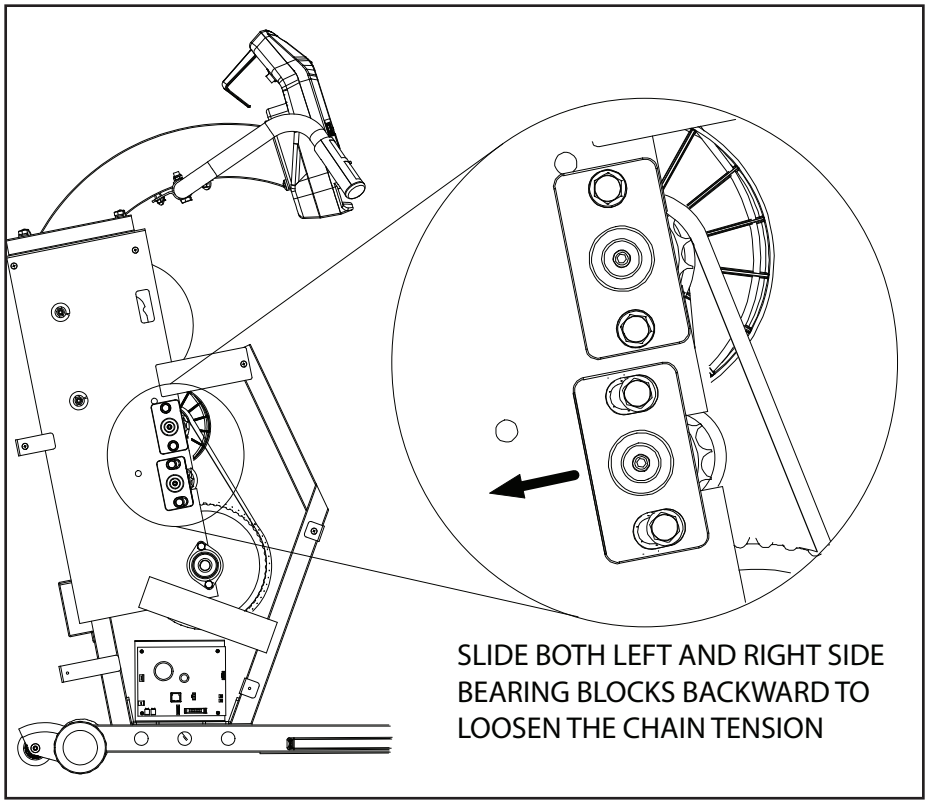
STEP 3:

Repeat step 2 for the right side.

BI-DIRECTIONAL ASSEMBLY REPLACEMENT

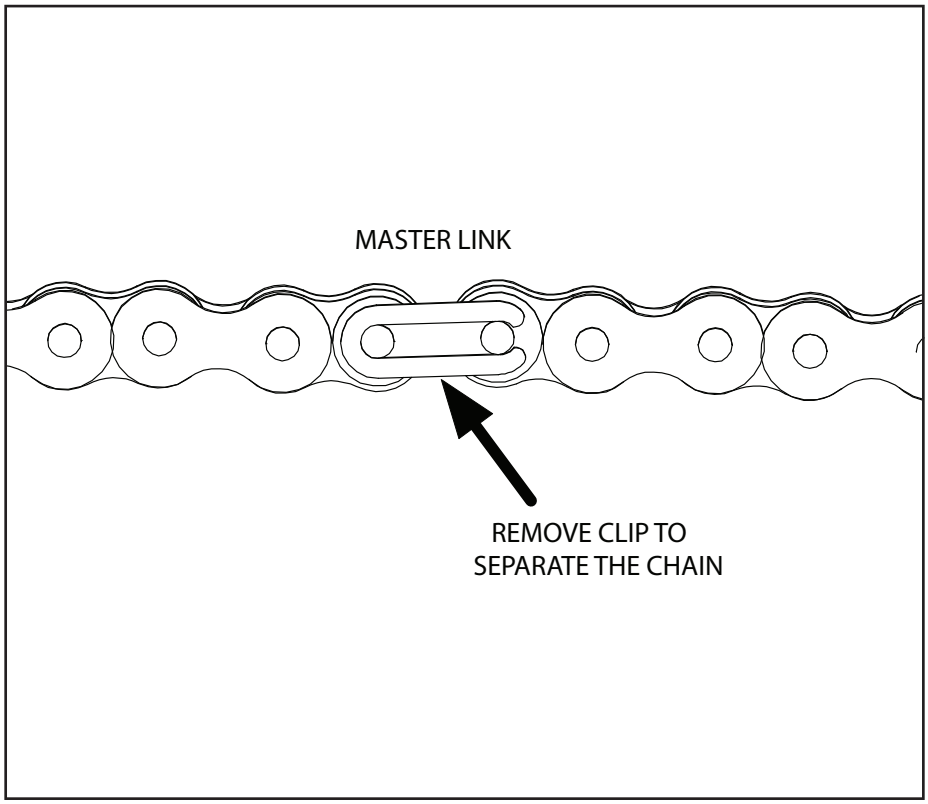
STEP 4:

Slide the bi-directional assembly backward to loosen the chain tension.



STEP 5:

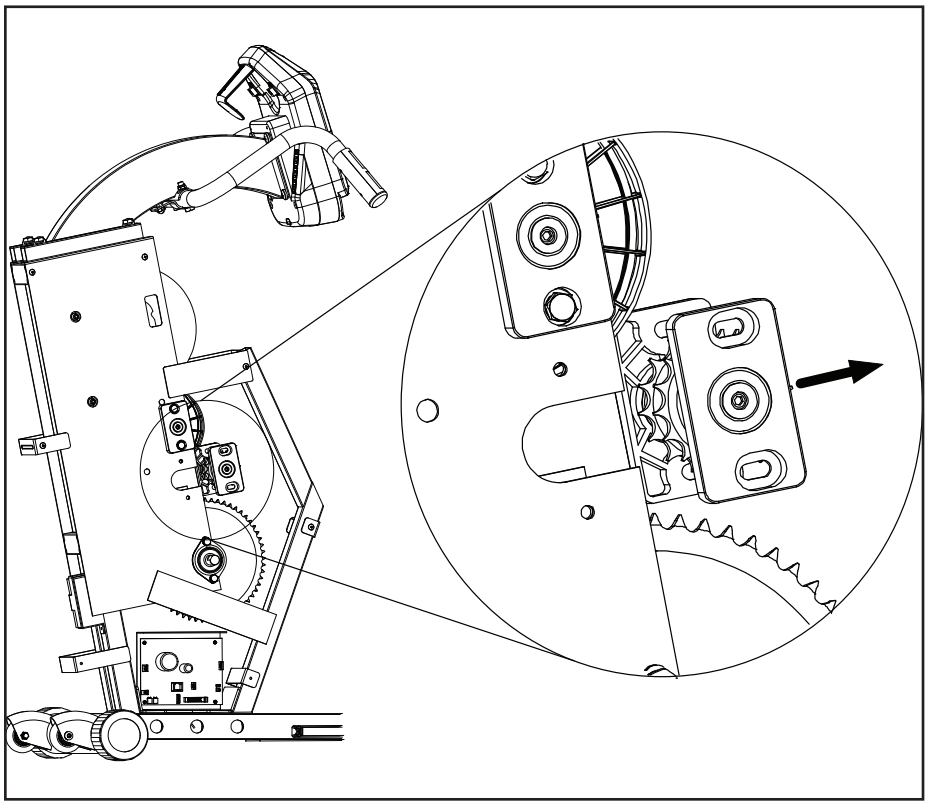
Slowly rotate the short and long chains to locate the master link on each one, then remove the clip to separate and remove both chains from the machine.



BI-DIRECTIONAL ASSEMBLY REPLACEMENT

STEP 6:

Return to the bi-directional securing hardware and remove them, allowing the assembly to slide out.



STEP 7:

Place a new bi-directional assembly on the frame and loosely secure the assembly with the screws removed in step 6.

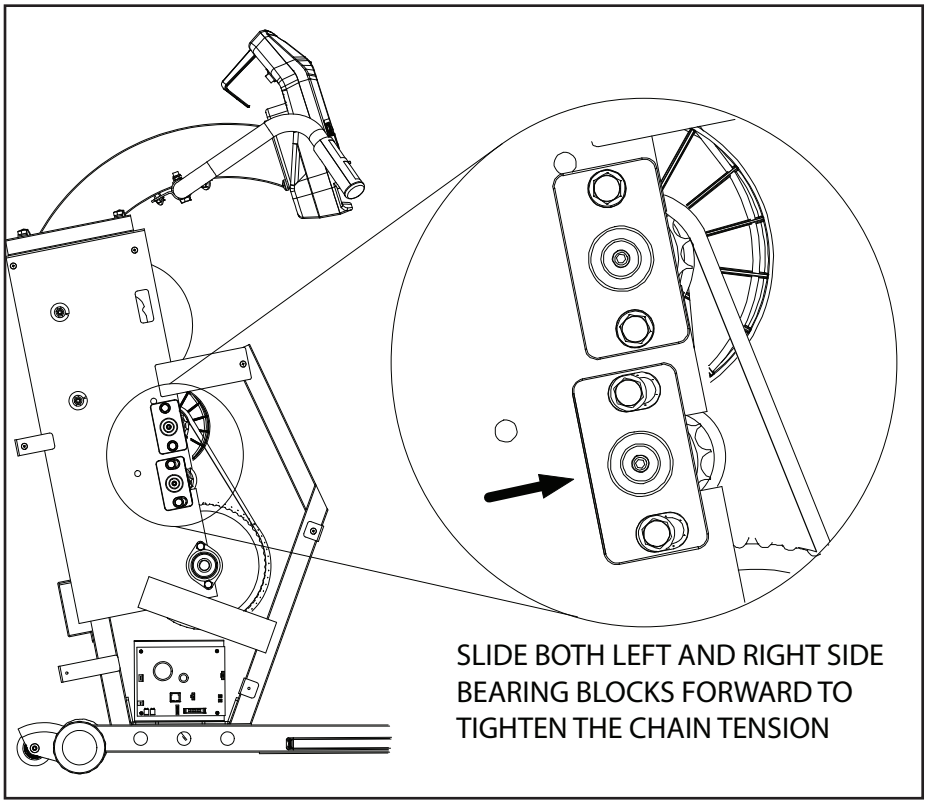
STEP 8:

Reattach the short and long chains with the master link removed in step 5.

BI-DIRECTIONAL ASSEMBLY REPLACEMENT

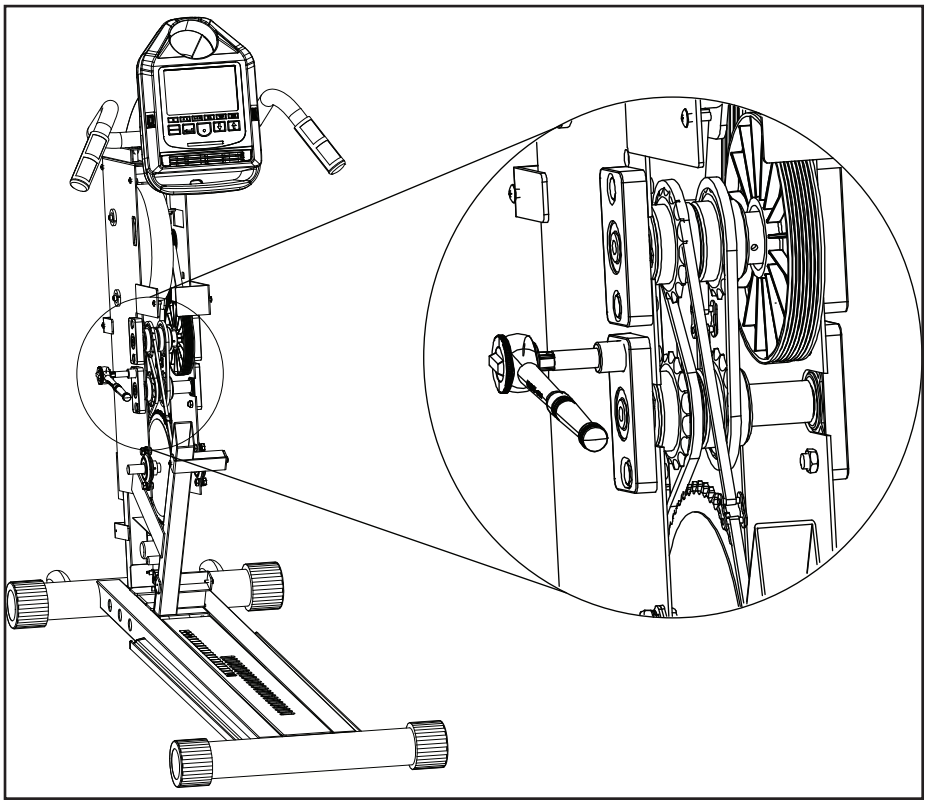
STEP 9:

Slide the bi-directional assembly forward to tighten the chain tension. NOTE: A 1/4" chain deflection is recommended for proper tension.



STEP 10:

Once the proper deflection is achieved, tighten the screws using a 1/2" (13mm) socket.



BI-DIRECTIONAL ASSEMBLY REPLACEMENT

STEP 11:

Connect the power entry cable to the lower torque PC board, then secure the right side cover with the phillips screws that were removed.

STEP 12:

Secure the left side cover with the phillips screws that were removed.

STEP 13:

Completely remove the set screws in the cranks and apply ‘Loctite 248” threadlock to the threads of each set screw before reattaching the left and right cranks back onto the shaft.

JACK SHAFT ASSEMBLY REPLACEMENT

STEP 1:

Follow steps 1 thru 4 of the “BATTERY REPLACEMENT” instructions.

STEP 2:

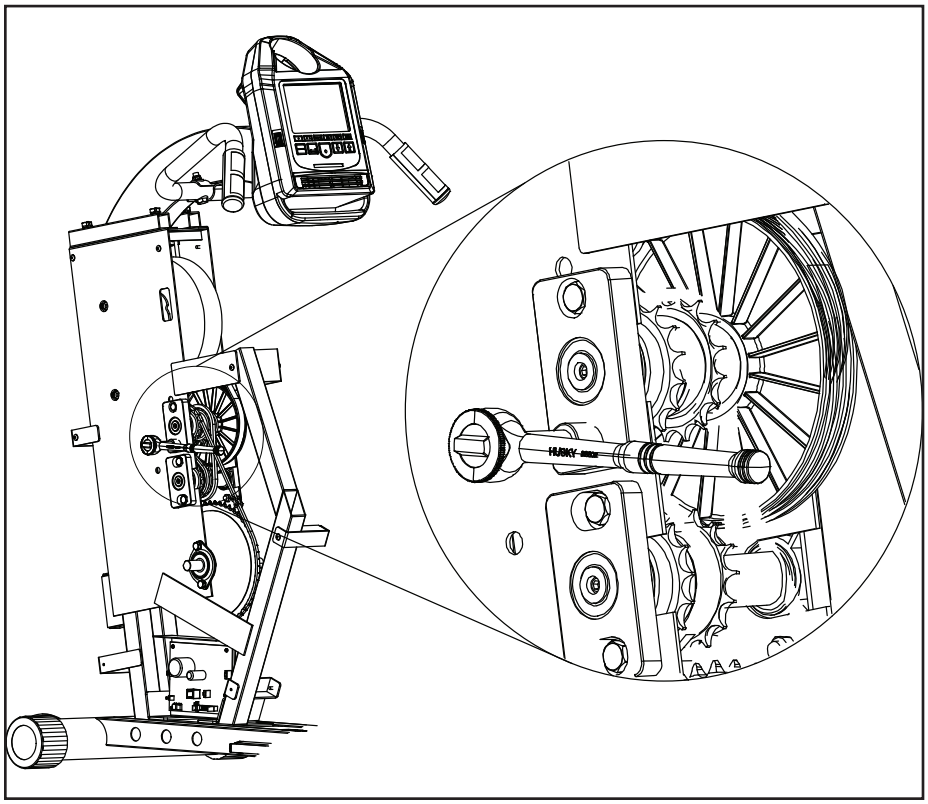
Follow steps 2 thru 5 of the “BI-DIRECTIONAL ASSEMBLY REPLACEMENT” instructions.

STEP 3:

Remove the Poly-V belt from the jack shaft pulley .

STEP 4:

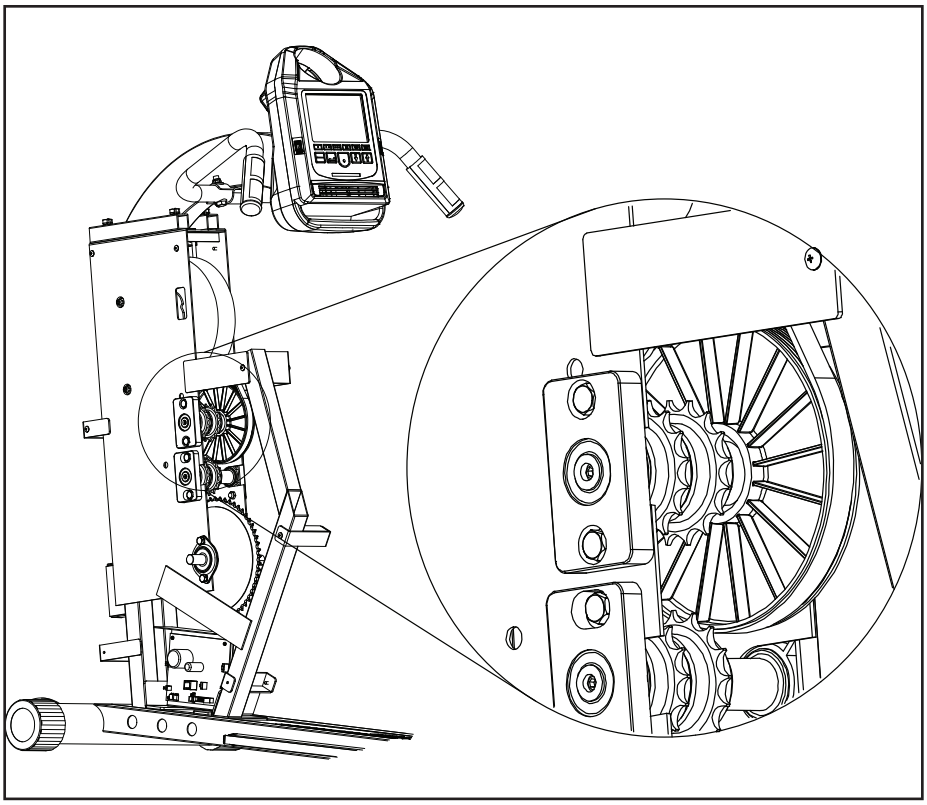
Use a 1/2” (13mm) socket to remove the jack shaft securing screws, then remove the assembly.



JACK SHAFT ASSEMBLY REPLACEMENT

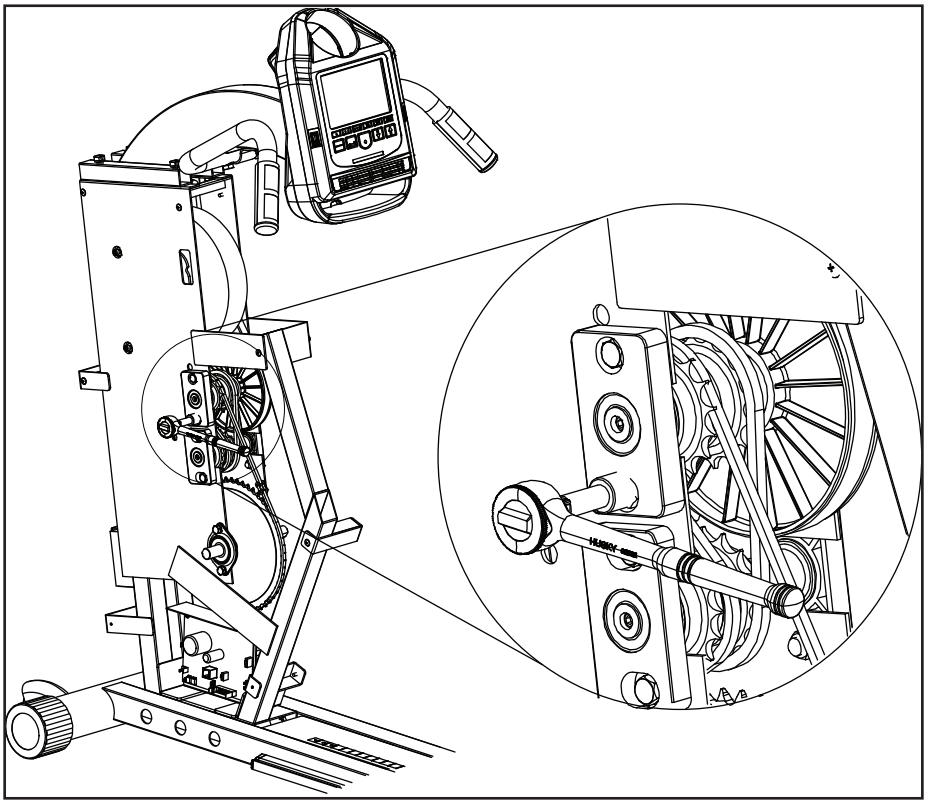
STEP 5:

Slide the poly-V belt onto the pulley of the new jack shaft assembly, then loosely secure it to the frame with the four mounting screws.



STEP 6:

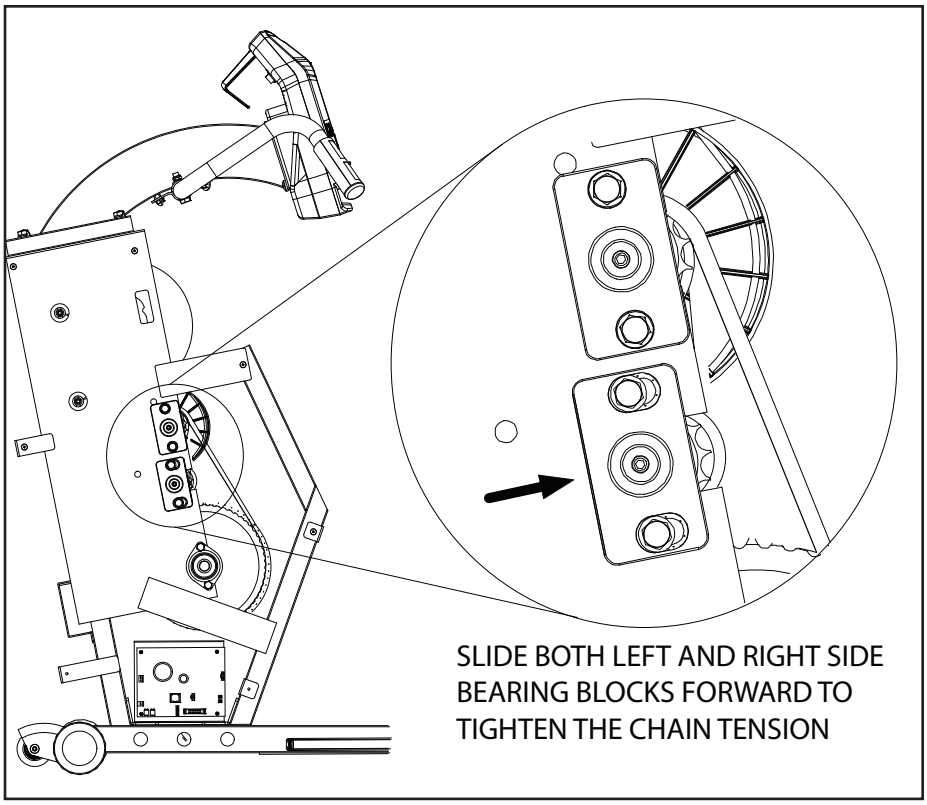
Reattach the short and long chains with the master link onto the jack shaft and bi-directional assemblies, then use a 1/2’ (13mm) socket and secure the jack shaft assembly to the frame.



JACK SHAFT ASSEMBLY REPLACEMENT

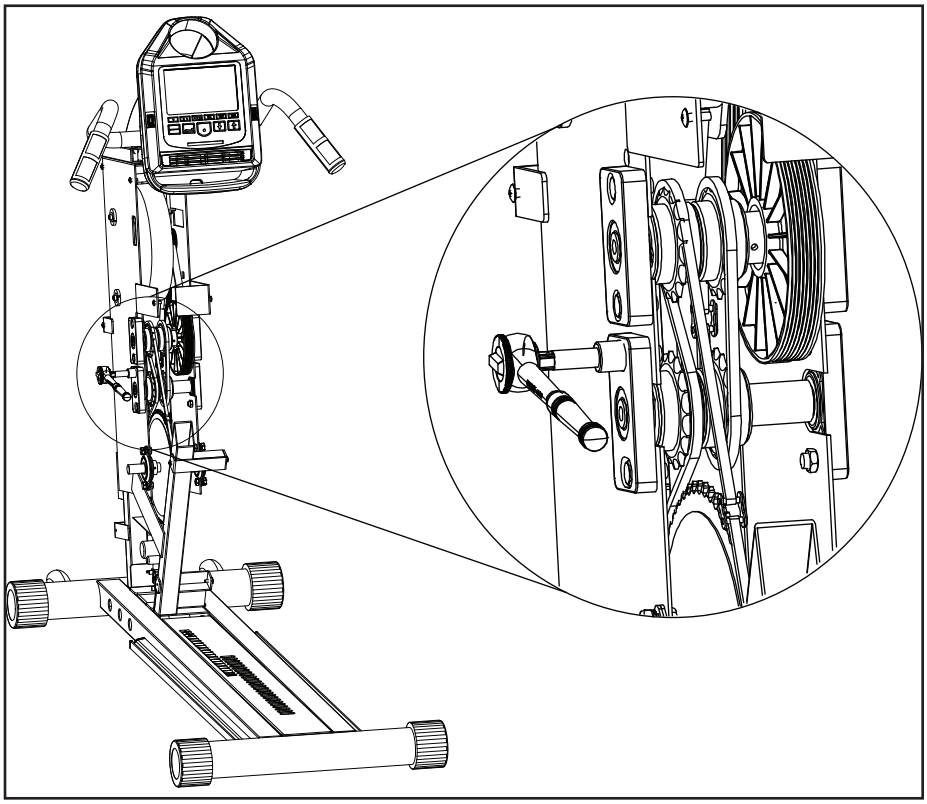
STEP 7:

Slide the bi-directional assembly forward to tighten the chain tension. NOTE: A 1/4" chain deflection is recommended for proper tension.



STEP 8:

Once the proper deflection is achieved, tighten the screws using a 1/2" (13mm) socket.



JACK SHAFT ASSEMBLY REPLACEMENT

STEP 9:

Connect the power entry cable to the lower torque PC board, then secure the right side cover with the phillips screws that were removed.

STEP 10:

Secure the left side cover with the phillips screws that were removed.

STEP 11:

Completely remove the set screws in the cranks and apply ‘Loctite 248” threadlock to the threads of each set screw before reattaching the left and right cranks back onto the shaft.

Intelli-Fit Console Troubleshooting Guide - 10/5/2012

1. Complaint: Display does not light up

Does the console beep with three short beeps (when cranked or plugged in)?
_____ yes, replace battery ____ No, continue below
Are the fans on? _____ Yes, replace console ____ No, continue below

Look into back of console through vent holes; is red light on while cranking the machine or when plugged in to a wall pack? _____ Yes, replace console* ____ No, replace lower board**

If replacing the lower board, plug in AC adaptor. Test console by running program while operating machine and using fans on high. If display flickers, see complaint 2 below.

2. Complaint: Display is flickering (clarify that display is only flickering and not restarting)

Does it only happen when the fans are turned on?
_____ yes, replace console _____ No, continue below
If possible, switch consoles with another unit. Does this fix the problem?
_____ yes, replace console _____ No, continue below
If the console is powered down, then user rapidly pedals or cranks, does it work normally?
_____ yes, replace battery _____ No, replace lower board

3. Complaint: Display shutting down and returning to menu screen during use

Does it happen when pressing any button on the console?
_____ yes, replace console _____ No, continue below
Does it only happen when turning the fans on?
_____ yes, replace console _____ No, continue below
Does it happen when changing directions?
_____Yes, Replace battery _____ No, replace lower board

4. Complaint: Display is erratic (changing without pushing buttons)

_____ Replace console

5. Complaint: Display is frozen (will not change, even when any button is pushed)

Does the display go off within 20 seconds after machine stops cranking?
_____ Yes, continue below _____ No, replace console and battery
If the console is powered down, then user rapidly pedals or cranks, does it work normally?
_____ yes, replace battery _____ No, replace console

Intelli-Fit Console Troubleshooting Guide - 10/5/2012

6. Complaint: Start up resistance is too high (while not in constant work program)

Does the resistance decrease to normal at higher RPMs (50 or above)?

____Yes check and or charge battery.

____ No, and firmware is 1.47 or lower, Update firmware to current revision.

7. Complaint: Start up resistance is too high in constant work

Constant work will increase torque at lower RPMs. That is the way the program is supposed to operate.

8. **Complaint: Resistance is too high (in programs other than constant work)**

Is the resistance low on level 1.0, but is maximum at level 1.1 and higher?

_____ Yes, continue below _____ No, always high, replace lower board

Are the RPM's working?

_____ yes, replace lower board _____ No, continue below

Is ribbon cable securely plugged into the console and lower board?

_____ Yes, continue below _____ No, secure ribbon cable

Is 3 pin cable on brake securely attached to brake and lower board?

_____ yes, continue below _____ No, secure 3 pin cable

If possible, switch consoles with another unit. Does this fix the problem?

_____ yes, replace console _____ No, replace lower board

9. Complaint: Heart rate not reading correctly

_____ Replace console

10. Complaint: ISO Strength not working correctly and firmware version 1.47 or lower

_____ Upgrade to firmware version 1.54 or later

11. Complaint: No change in resistance

Is this happening in levels 1 to 6 only and firmware version is 1.33 or lower?

_____ yes, upgrade to firmware version 1.54 or later

_____ No, replace lower board and provide more detail _____

_____

Intelli-Fit Console Troubleshooting Guide - 10/5/2012

12. Complaint: No resistance

Is comm. cable connected securely?

_____ yes, replace lower board _____ No, reconnect comm cable

OR _____ inadequate resistance, call Product Support and provide details.

_____

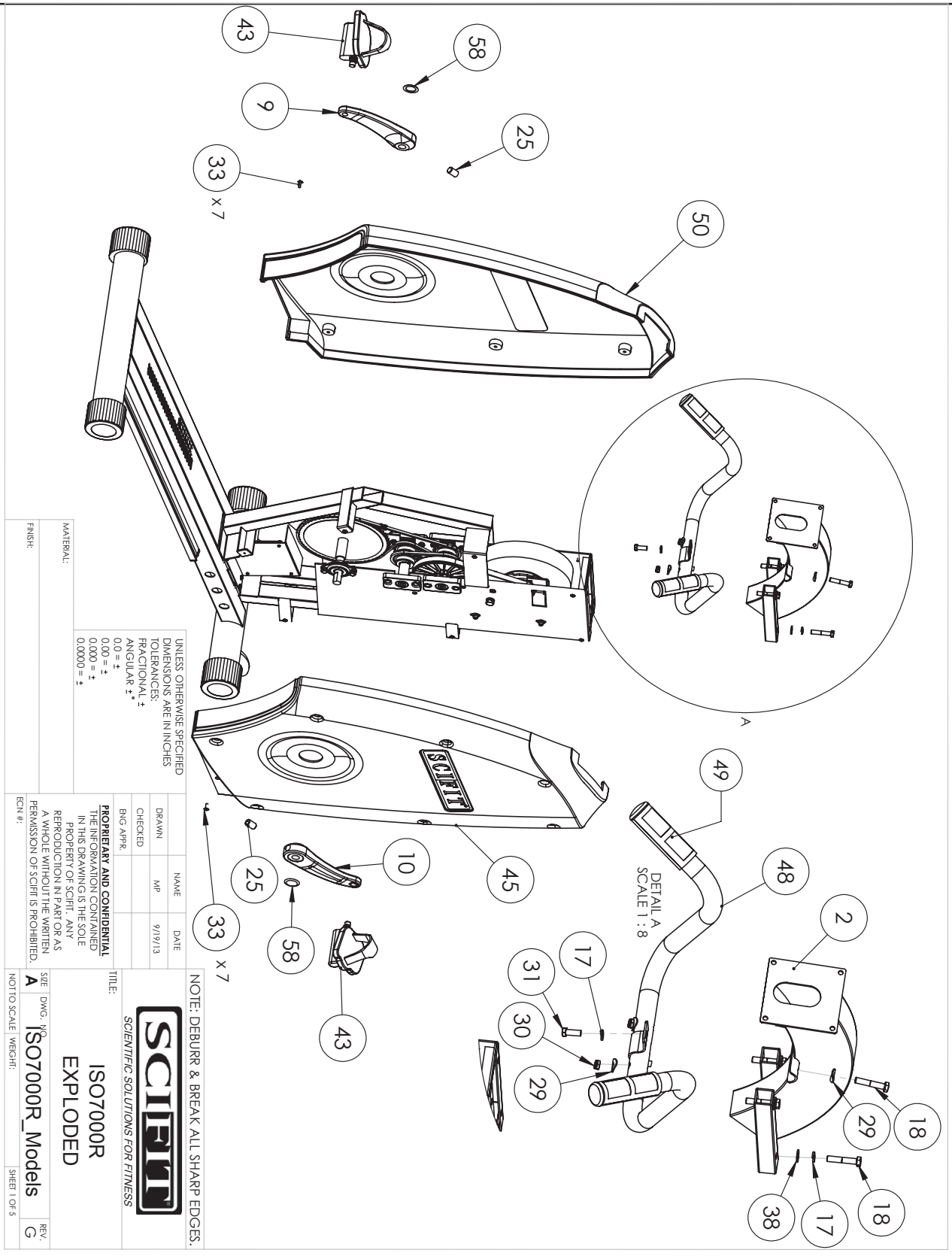
_____

13. **Complaint: Console powers down as soon as user stops cranking or brake stops turning**

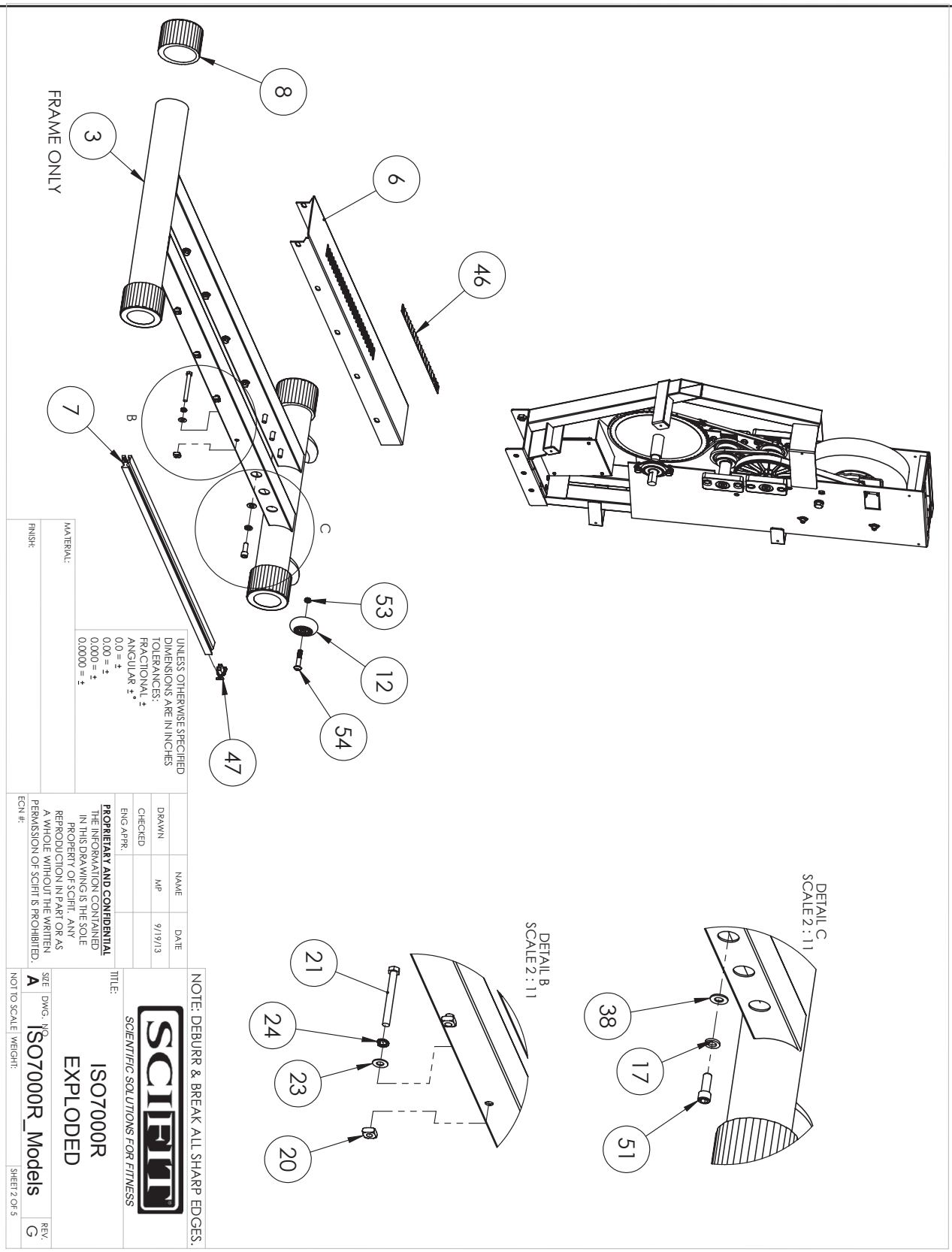
Is firmware 1.54 or later?

_____ yes, follow exiting shipping mode instructions _____ No, replace battery

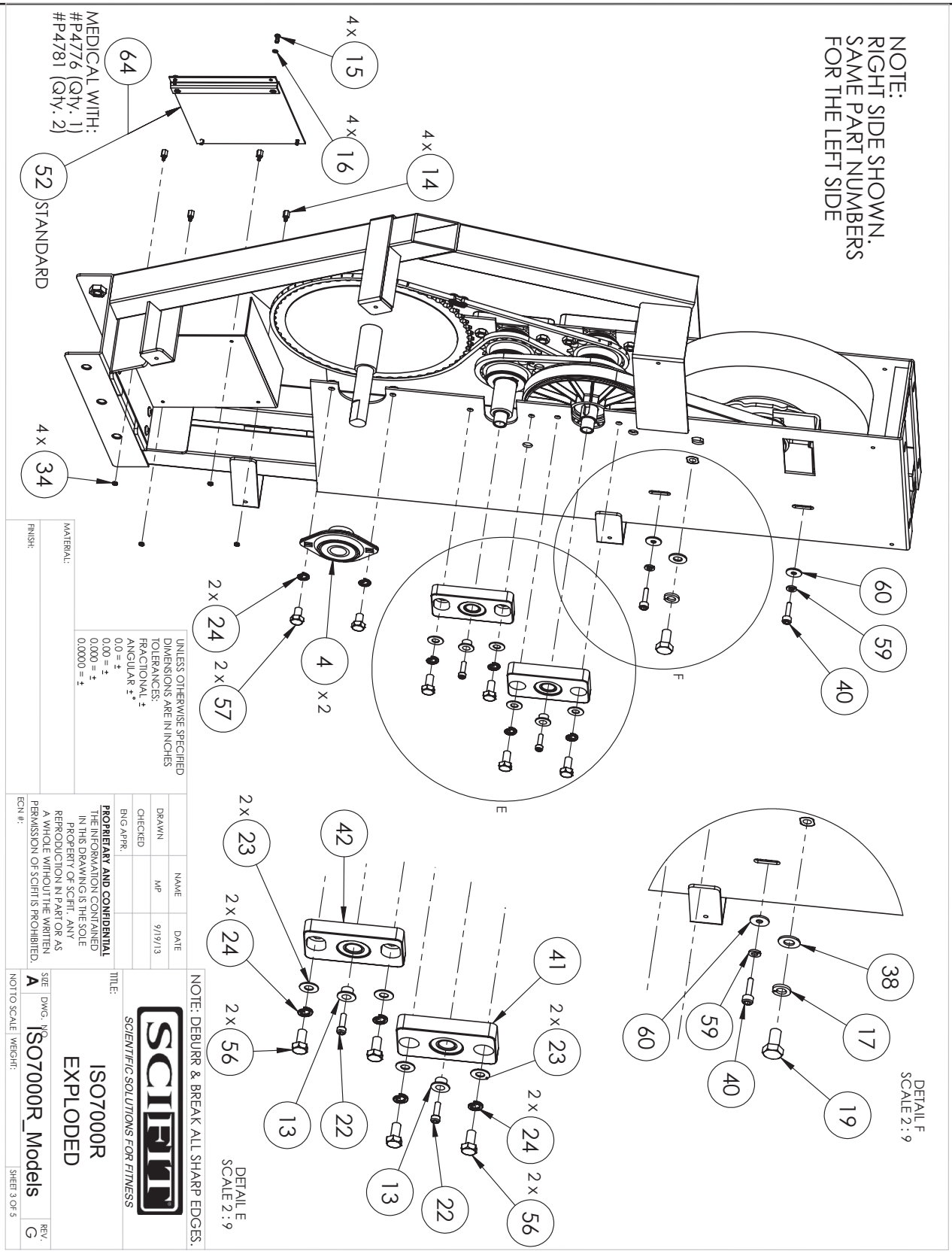
ISO7000R EXPLODED VIEW



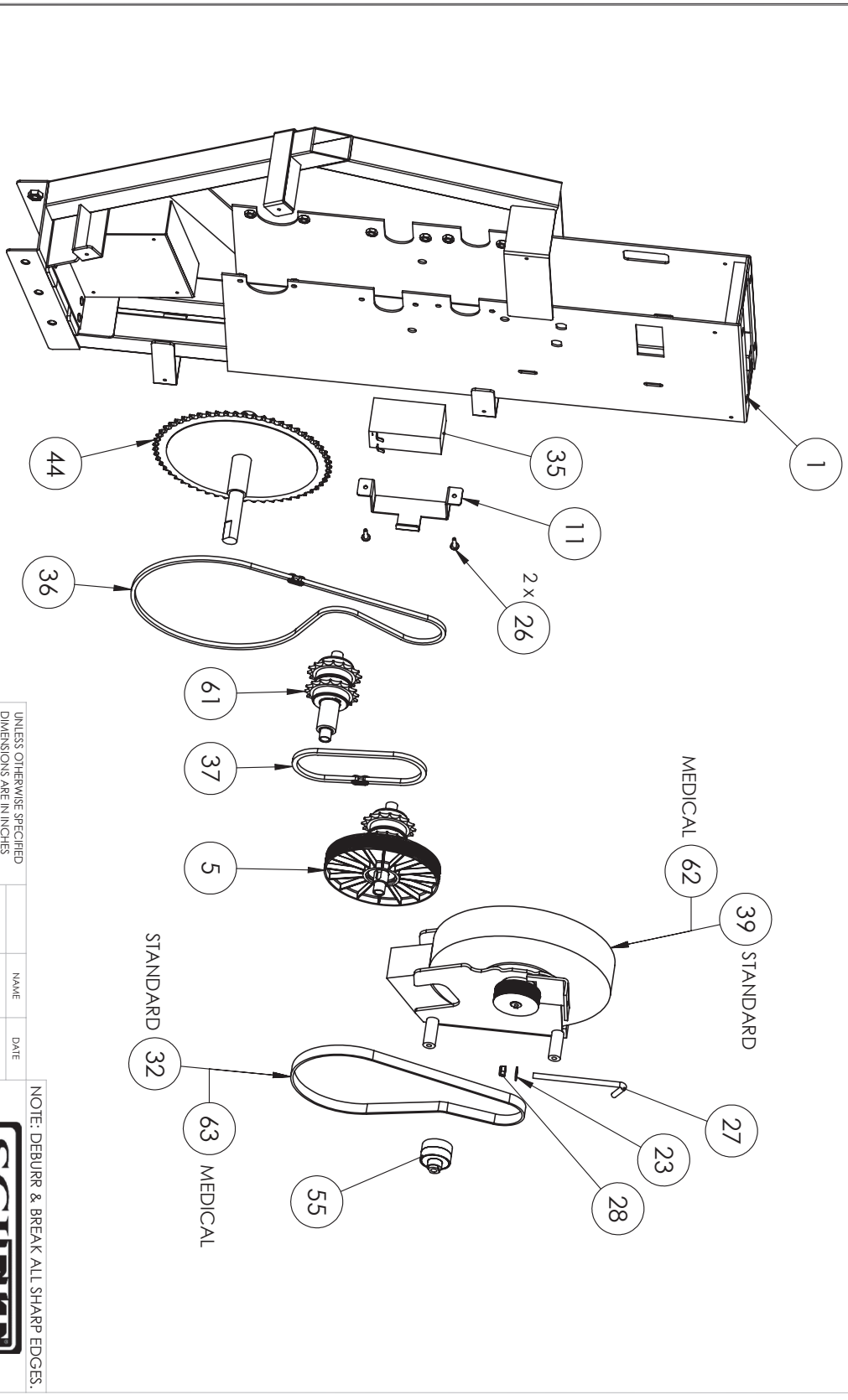
ISO7000R EXPLODED VIEW



ISO7000R EXPLODED VIEW



ISO7000R EXPLODED VIEW



NOTE: DEBURR & BREAK ALL SHARP EDGES.

UNLESS OTHERWISE SPECIFIED
DIMENSIONS ARE IN INCHES
TOLERANCES:
FRACTIONAL ±
ANGULAR ±°
0.0 = ±
0.00 = ±
0.000 = ±
0.0000 = ±

MATERIAL:

FINISH:

	NAME	DATE
DRAWN	MP	9/19/13
CHECKED		
ENG APPR.		
MFG APPR.		

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SCIFIT
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TITLE:
ISO7000R
EXPLODED

SIZE	DWG. NO.	REV.
A	ISO7000R_Models	G
NOT TO SCALE	WEIGHT:	SHEET 4 OF 5

ISO7000R EXPLODED VIEW

ITEM	P/N	DESCRIPTION	QTY.
1	A4998	FRAME, MAIN, ISO RECUMBENT	1
2	P4558	MAST, FRONT, ISO RECUMBENT	1
3	P4557	FRAME, BASE, ISO RECUMBENT	1
4	P1096	BEARING W/FLANGETTE	2
5	S4661	KIT, JACK SHAFT, BI-DIRECT, #40	1
6	A5073	TRACK, ADJ, ISO1000R/7000R	1
7	A1222	EXTRUSION, RAIL,	2
8	A1890	END CAP, BASE, 3",	4
9	A3157	CRANK, PEDAL, CAST, LEFT	1
10	A3158	CRANK, PEDAL, CAST, RIGHT	1
11	P4452	BRACKET, BATTERY, ISO1000/7000	1
12	P4455	WHEEL, TRANSPORT	2
13	A1972	WASHER, RETAINING,	4
14	P4999	STAND-OFF, M3 THREAD	4
15	91188	SCREW, M3-0.5 x 8mm, Phillips PHD	4
16	40378	WASHER, SPLIT, M3	4
17	1133622	3/8" Zinc Finish Medium Split Lock Washer	13
18	110120348	SCREW, 3/8-16 x 2", HEX CAP, ZINC	6
19	110120342	3/8X3/4 HCS	1
20	0161911	8MM SQUARE NUT	10
21	1138625	SCREW, M8 x 70mm, HCS	10
22	0163624	SCREW, M5 - .8 X 15mm, SHCS	4
23	1140357	WASHER, FLAT, M8	19
24	1140383	WASHER, LOCK, M8	22
25	P3738	SCREW, SET, 5/8-18 x 1.0, SOCKET, POINT	2
26	0162740	SCREW,SELF-TAPPING, 5MM X 19MM	2
27	P5001	J-BOLT, ISO, REC.	1
28	1140163	NUT, M8 NYLOCK	1
29	11137920	WASHER,CURVED,3/8 ID X 3/4 OD X .06	4
30	0169778	3/8 NYLOCK NUT	2
31	110120344	3/8-16X1 HCS	2
32	P4376	BELT, POLY-V, 6 RIB, 30", 300J	1
33	TM2540016A20000	SCREW, M5 x .8 x 16mm, TRUSS HEAD	14

ITEM	P/N	DESCRIPTION	QTY.
34	1140302	M3 HEX NUT	4
35	P1564	BATTERY, RECHARGABLE	1
36	A3119	KIT, CHAIN, LONG, #40, 86P, ISO7000/PRO1	1
37	A3120	KIT, CHAIN, SHORT, #40 W/ LINK	1
38	33082	WASHER, FLAT, 3/8,ZINC	13
39	S1906	KIT, BRAKE, W/60mm PULLEY	1
40	0135918	SCREW, M6-1 x 20mm, SCHS	4
41	A2023	KIT, BEARING MOUNT, ASSY, JACKSHAFT	2
42	A2032	KIT, MOUNT BEARING, BI-DIRECT	2
43	P2275	PEDALS, BIKE, RH/LH, PAIR	1
44	A5387	ASSY, SPINDLE, BI-DIRECT, POST 2008	1
45	S4947	KIT, CVR, RH W/DECAL, ISO REC.	1
46	P1983	DECAL, NUMBER, .75" SPACING	1
47	A5215	ENDCAP, COVER,	2
48	A4896	HNDLBAR, W/CHR GRIPS ISO REC.	1
49	P4729	ASSY, CHR, W/CABLE, 1000mm, ISO REC.	2
50	S4946	KIT, CVR, LH W/DECAL, ISO REC.	1
51	93305	SCREW, 3/8"-16 x 1", Zinc, Socket	6
52	A5361	PCB, CONTROLLER, A5005 W/BRACKET	1
53	37023	NUT, 5/16-18, JAM, NYLON, ZINC	2
54	94074	SCREW, 5/16-18 x 1.75, BUTTON SOCKET	2
55	S5362	ASSY, IDLER, ISO1000/7000	1
56	1138614	SCREW, M8-1.25 x 16 HCS	8
57	1138613	SCREW, M8-1.25 x 12 HCS	4
58	P3460	DECAL, DOME, 1.5" DIA.,	2
59	1140381	M6 DIN 127 Zinc Plated Split Lock Washer	4
60	1138403	WASHER, 6mm X 18mm X 1.6mm, FENDER	4
61	S4660	KIT, ISO7000/7000R, BI-DIRECTIONAL	1
62	S4965	KIT,BRAKE/47mm PULLEY,ISO7000/7000R	1
63	P1955	BELT, POLY-V, 290J, 6 RIB	1
64	P4269	PCB, CONTROLLER, LWR BOARD	1

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TITLE:
ISO7000R
EXPLODED

SIZE	DWG. NO.	REV.
A	ISO7000R_Models	G

NOT TO SCALE | WEIGHT: | SHEET 5 OF 5

Model Number: _____

Serial Number: _____

Date of Purchase: _____

Supplied By: SCIFIT Systems Inc.

Service Manual: #P5389B (9/2013)

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